

Move & crunch

CHALLENGE

“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease of infirmity.” – World Health Organization, 1948

As the principal at your school, you can be a role model for not only the students, but the entire school and community.

Who better to set the wellness example than you? Participation in the **Move & Crunch Challenge** will help you become the role model of wellness in your school. Planning a **Move & Crunch Challenge** event is easy! **See inside for details!**



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Nutrition

RECOMMENDATIONS

Most adults and children do not consume the recommended amount of fruits and vegetables each day. According to the Dietary Guidelines for Americans, adequate intake of fruits and vegetables provides nutrients that many students do not consume in recommended quantities, including calcium, potassium, fiber and magnesium. Here are more tips for making better food choices.

- Eat a variety of healthful foods in each food group.
- Increase your intake of fruits and vegetables and other nutrient-rich foods like whole grain products; lean protein including meat, poultry, fish and beans; and calcium-rich foods like milk and milk products.
- Read Nutrition Facts labels to choose foods with less fats, salt and sugars.
- Visit www.MyPyramid.gov to create a personalized food plan.
- Work with foodservice staff and teachers to promote and model healthy food choices to students.

Nutrition Fun for Students!

School Market Program www.thefoodtrust.org/php/programs/school.market.program.php

Got Dirt! School Garden Initiative <http://dhs.wisconsin.gov/health/physicalactivity/gotdirt.htm>

Fruit and Vegetable Field Trip www.fns.usda.gov/tn/Healthy/5_Day/fv_field_trip.pdf

Fruits and Vegetables Science Fair Projects www.juliantrubin.com/fairprojects/food/fruitsvegetables.html



The Dietary Guidelines for Americans recommend that adults engage in at least 30 minutes of physical activity on most days of the week, while children should be physically active at least 60 minutes on most days of the week.

Create a physical activity program that works for you and involves the five components of fitness:

- **Cardiovascular Endurance**
Walking, running, swimming and participation in sports
- **Muscular Strength and Endurance**
Lifting weights, push-ups, pull-ups, lunges and abdominal crunches
- **Flexibility**
Stretching arms, legs, abdominals and lower back and holding stretches for at least ten seconds while relaxing muscles
- **Body Composition**
Maintaining a percentage of fat to lean body mass that promotes health through healthy eating and physical activity

Active Fun for Students!

Afterschool Physical Activity

www.afterschoolpa.com/home.html

Game On: The Ultimate Wellness Challenge

www.actionforhealthykids.org/gotuwcc/index.php

Physical Activity Ideas

www.uams.edu/coph/reports/healthy_eating/Physical%20Activity%20Ideas.pdf

BAM! Body and Mind

<http://www.bam.gov>

Physical Activity

RECOMMENDATIONS



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Planning is easy!

- Select one week during the school year to conduct a Challenge event.
- Be a role model by working with school staff to promote the importance of daily physical activity and eating healthful, nutrient-rich foods like fruits and vegetables.
- Make a commitment to meet your physical activity and fruit and vegetable consumption recommendations for one school week. Challenge staff, students and parents to do the same. You can even challenge other principals in your district or region to join the fun.
- Visit www.KidsEatWell.org to download and complete the daily physical activity and food log on the Healthy Schools page.
- Continue to maintain and promote optimal physical activity and nutrition standards throughout the school year.

Tips for Event Success

- Form a team to coordinate event activities and generate excitement about the Challenge.
- Offer healthful food choices wherever food or beverages are available, including in vending machines, school stores and at school functions.
- Have a healthy food choice theme for each day of the week.
- Host events that inform the community about making healthful food choices and increasing physical activity.
- Demonstrate how to prepare tasty and healthful recipes.
- Encourage parents to reinforce nutritious food choices at home.
- Participate with students in recess and physical activity.
- Honor classes, students and staff teams for meeting their physical activity and fruit and vegetable recommendations.
- Get everyone involved, including parents, students and school staff!
- Contact the local media to promote your event to the community.



Resources

- Team Nutrition – <http://teamnutrition.usda.gov/Default.htm>
- Action for Healthy Kids – www.actionforhealthykids.org
- Children in Balance – www.childreninbalance.org
- Centers for Disease Control and Prevention – www.cdc.gov

Visit KidsEatWell.org/healthy-schools.htm to download a **Move & Crunch Challenge** Checklist and other resources or call the Illinois Nutrition Education and Training Program at (800) 466-7998 for assistance.



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Nutrition Education
and Training Program

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